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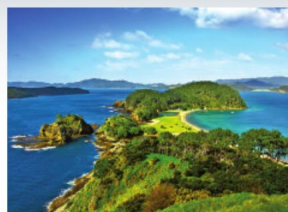
Teachers to carry concealed weapons in one Arkansas town in response to troubling school shootings trend

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Goats get the gig

Goats apparently work better than herbicides and mowing when it comes to curbing invasive plant species, the City of Regina discovers

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CHRISTCHURCH COMES BACK

NEW ZEALAND LOOKS TO REBUILD EARTHQUAKE-DAMAGED LOCALE INTO WORLD-CLASS CITY

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BIEBER FREE

LIVE 88.5fm



A foreign service employee protests outside the Prime Minister's Office in Ottawa on Tuesday. The Professional Association of Foreign Service Officers scheduled walkouts across the globe Tuesday as part of escalating work actions while contract talks with the federal government stalled. HELEN PIKE/FOR METRO

Foreign officers walk off the job

Equal pay. One worker says she is paid \$30K less than others doing similar work

HELEN
PIKE
ottawa@metronews.ca

The Department of Foreign Affairs, Trade and Development says it's business as usual for Canada's embassies and high commissions, even as foreign service employees walk off the job across the globe.

Members of the Professional Association of Foreign Service Officers issued a voluntary worldwide walk out Tuesday to protest the federal government's six preconditions to binding arbitration with the union.

"We offered binding arbitration without strings attached," said Tim Edwards, the president of the PAFSO, outside the Prime Minister's Office on Tuesday. "They would have excluded from consideration those factors which we have been stressing: equal pay for

equal work."

Matthew Conway, a spokesman for the Treasury Board, said the government remains open to a dispute "that respects the interests of both taxpayers and foreign service union members."

Conway said the positions of foreign service officers are unique, and cannot be easily compared to other diplomatic positions overseas.

Alison Mitchell, a foreign service worker participating in a protest outside Langevin Block on Tuesday, said her pay is about \$30,000 lower than legal officers with similar experience.

"We're just looking for basic fairness," Mitchell said.

Foreign service officers process close to 20,000 visas per week. But a spokesman for the foreign affairs department said the work stoppages will not stop students, business people or temporary foreign workers flowing into Canada.

"The government will do its utmost to continue to ensure service delivery in a timely fashion with the least amount of disruption to Canadians," said Emma Welford, a spokeswoman at DFATD, in an email.




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How does losing thousands of Canadian jobs in the cellphone industry help Canada? It doesn't.

When I found out that our government is getting a giant U.S. cellphone company to come to Canada, I thought, how's this going to affect jobs? Experts are saying most of their good jobs will stay south of the border. Most of their profits too. But it gets better. Better for them. Even though this company is four times as big as all of Canada's cellphone companies combined, they're effectively getting a huge discount to enter Canada. The U.S. giant gets to use the existing infrastructure it took Canadians over 25 years to build, and they didn't contribute a cent. So Canadian taxpayers will effectively be subsidizing the whole thing. Will there be thousands of jobs lost? Think about it.

The whole thing doesn't sound fair for Canadians. Ottawa should do something about the loopholes. Fast.

To find out more, go to FairForCanada.ca

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Pembroke

Priest arrested in decades-old sex assault case

Provincial police have arrested a Catholic priest in Pembroke in connection with a decades-old alleged sexual assault incident.

Police say they received a complaint about an incident that allegedly occurred in 1985 in Pembroke.

Father Howard Chabot has been charged with one count of sexual assault and one count of gross indecency.

The 72-year-old priest, who provincial police believe is now retired, is to appear in court on Sept. 3.

THE CANADIAN PRESS

Twister

'Weak' tornado hits Pine View Golf Course

Environment Canada is confirming that a "weak" tornado touched down in Ottawa's east end on Monday.

Meteorologist Peter Kimbell says the tornado hit just after 5 p.m.

He says damage was limited only to 20 to 30 snapped trees at Ottawa's Pine View Golf Course.

Kimbell says video and radar imagery of the tornado clearly shows a funnel cloud touching down in the area.

He says the damage spanned a space measuring 100 metres across and one kilometre long.

THE CANADIAN PRESS

Poverty connected to bad health: CMA

Stats. 70% of Canadians who earn more than \$60K say their health is great, but only 40% of those who make \$30K or under could say the same



GRAHAM LANKTREE

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Poverty doesn't just leave Canadians with empty stomachs, it slowly kills many with related illnesses, according to a new report by the Canadian Medical Association (CMA).

Poor nutrition and poverty lead to diseases and conditions such as obesity, diabetes and depression, said Dr. Anna Reid, president of the CMA. The organization is calling for action from the federal and provincial governments.

"Many Canadians don't realize how many fellow Canadians are living in poverty," she said. "An income gap and poor early childhood development are actually a drain on this economy as we go forward. If we're going to remain a prosperous country, we need to address this huge disparity."

According to the "What Makes us Sick?" report, 70 per cent of Canadians who earn more than \$60,000 say their health is excellent or very good, but only 40 per



Fred Phelps, executive director of the Canadian Association of Social Workers, joins the Canadian Medical Association Tuesday as it calls for the federal and provincial governments to act to reduce poverty. GRAHAM LANKTREE/METRO

cent of those who make \$30,000 or under could say the same.

The final document compiles the views of Canadians who took part in six town halls in cities across the country and lists their top 12 recommendations for improving health care for the poor.

Suggestions include: have federal and provincial governments develop a plan to eliminate poverty in Canada, guarantee an annual income

to the most impoverished in a major pilot project, create a food security program and work on affordable housing and early childhood development.

Community Health Centres are an ideal model to implement what the CMA is recommending today, said Jeff Morrison, president of Ottawa's Centretown Community Health Centre, adding he sees the results of poverty first-hand daily in their

14,422 Ottawa clients.

"If we can work on social determinants in the community, we can keep people out of hospital," Morrison said of his approach.

However, the government isn't just sitting on its hands, said Fred Phelps, executive director of the Canadian Association of Social Workers, pointing to the fact that the federal government has studied the issue in two recent reports.

Accessibility advocate pans late OC Transpo alerts

A local accessibility advocate says she is frustrated with OC Transpo's email alerts after several of them have been landing in her inbox several minutes after the buses she's waiting for have been cancelled.

Catherine Gardner said as recently as Tuesday morning she got an email for the 97 Airport which told her the bus starting at 9:17 a.m. was cancelled. She received the notification at 9:28 a.m., 11 minutes after the fact.

Another email from July 25 popped up on her Android smartphone at 7:20 a.m. to let

her know the 118 Kanata trip starting at 6:25 a.m. was cancelled. This time the notification was more than an hour late.

"It's very frustrating to get these emails that the buses are cancelled after the fact when I'm already there," Gardner said on Tuesday.

Gardner is a former member of the City of Ottawa Accessibility Advisory Committee and uses a walker and a service dog to get around.

She sent a mass email Monday morning to city officials, 23 city councilors, and OC Transpo

general manager John Manconi to complain about the problem and to ask for a follow up.

David Pepper, OC Transpo manager, business and operational services, said in an emailed statement to Metro the city is reviewing the issues raised by Gardner.

"While OC Transpo strives to ensure that cancellations are provided through numerous channels as quickly as possible, it is not always possible for them to be sent or received before the actual cancellation," Pepper said.

JOE LOFARO/METRO

Bail. Three accused in obstruction case make court appearances

Three people were released on bail Tuesday after being charged with obstructing Ottawa police during negotiations with a man who barricaded himself in a home with a baby Friday afternoon.

Ottawa police responded to a home on Noranda Avenue Friday at approximately 12:30 p.m. to assist an external agency, according to Insp. John Medeiros.

When officers arrived, a man barricaded himself in the home's basement with the baby, whose age has not been

disclosed, police said.

Medeiros said five individuals were charged.

Tactical police communicated with the man for approximately five hours until they were able to place him under arrest for parental abduction and obstructing a police officer. Another person at the home faces similar charges.

Those two individuals are scheduled to appear in court Wednesday for a bail hearing. Evidence and names of the accused are protected by publication bans. JOE LOFARO/METRO

Bradley Manning convicted of spilling U.S. secrets to WikiLeaks

Faces up to 136 years. Private dodges serious and precedent-setting charge of aiding enemy

U.S. army Pfc. Bradley Manning was acquitted of aiding the enemy but was convicted on Tuesday of espionage, theft and other charges, more than three years after he spilled secrets to WikiLeaks.

Manning was convicted on 19 of 21 charges and faces up to 136 years in prison. His sentencing begins Wednesday.

The lead prosecutor, Maj. Ashden Fein, said Manning knew the material would be seen by al-Qaida, a key point the prosecutor needed to get a conviction of aiding the enemy. Even Osama bin Laden had some of the digital files at his compound when he was killed.

According to Daniel Ells-

berg — who in the early 1970s leaked the Pentagon Papers, which showed the U.S. government repeatedly misled the public about the Vietnam War — Manning's acquittal was more significant than his convictions.

He said a conviction of aiding the enemy would mean that most people wouldn't want to risk life imprisonment or even execution for exposing government secrets.

THE ASSOCIATED PRESS

Manning's crime

Manning admitted leaking more than 700,000 records as well as video of a U.S. helicopter attack that killed civilians in Iraq, including a Reuters news photographer and his driver.

- In the footage, airmen laughed and called the targets "dead bastards."



U.S. army Pfc. Bradley Manning is escorted to a security vehicle outside a courthouse in Fort Meade, Md. PATRICK SEMANSKY/THE ASSOCIATED PRESS

Switzerland

Train driver's body pulled from wreck

Rescue workers on Tuesday recovered the body of the driver of one of two trains that collided head-on in Switzerland. Officials said it appeared likely that one of the trains ignored a signal.

Emergency workers had to separate the front of the two trains to reach the 24-year-old driver's mangled cabin.

A police spokesman said the fire service will continue to comb the wreckage because authorities can't yet rule out the possibility that someone may still be trapped inside. THE ASSOCIATED PRESS

Cross-border crime

U.S. wants cops to be free from Canadian law

The United States wants its police officers to be exempt from Canadian law if they agree to take part in a highly touted cross-border policing initiative, says an internal RCMP memo.

The debate over whose laws would apply to U.S. officers working in Canada raises important questions of sovereignty and police accountability, says the briefing note prepared for RCMP Commissioner Bob Paulson.

The perimeter deal aims to ensure the safe, speedy passage of goods and people across the 49th parallel while bolstering North American defences. THE CANADIAN PRESS



Days of cleanup just a drop in the bucket

Workers scoop up crude oil during a cleanup operation on the beaches of Samet Island, eastern Thailand, on Tuesday. About 50,000 litres of crude oil that leaked from a pipeline operated by PTT Global Chemical Plc has reached the popular tourist island despite continuous attempts to clean it up. THE ASSOCIATED PRESS

Spain derailment. Driver was taking a work call as he sped into deadly crash

The driver was on the phone with a colleague and apparently looking at a document as his train barrelled ahead at 153 km/h — almost twice the speed limit. Suddenly, a notorious curve was upon him.

He hit the brakes too late.

The train, carrying 218 passengers, hurtled off the tracks and slammed into a concrete wall, killing 79 people.

On Tuesday, investigators announced their preliminary findings from analysis of the train's data-recording "black boxes," suggesting that human error appears to be the cause of Spain's worst railway disaster in decades.

The derailment occurred near Santiago de Compostela, a city in northwestern Spain, late last Wednesday. Some 66 people injured in the crash are still hospitalized, 15 of them in critical condition.

According to the investigation so far, driver Francisco Jose Garzon Amo received a



Driver Francisco Jose Garzon Amo, 53, is taken to preliminary court Sunday. PABLO BLAZQUEZ DOMINGUEZ/GETTY IMAGES

call from an official of national rail company Renfe on his work phone in the cabin, not his personal cellphone, to tell him what approach to take toward his final destination.

Garzon was provisionally charged Sunday with multiple counts of negligent homicide. THE ASSOCIATED PRESS

Lac-Mégantic. Obliterated bar to reopen for summer

The popular bar recognized as the epicentre of Quebec's fiery train derailment is set to reopen as a temporary music venue for the summer.

Many patrons and staff members died inside Lac-Mégantic's bustling Musi-Café on July 6 after a runaway train carrying crude oil set off huge explosions.

"For sure, Musi-Café became a symbol of devastation in the tragedy we experienced,"

owner Yannick Gagne told a news conference on Tuesday.

"But we now want it to become a symbol of the resilience of people in the region, who will restart it and look forward."

The resurgent show bar will also create jobs for those left unemployed, including Musi-Café staffers and workers from several other local restaurants and bars shuttered since the disaster. THE CANADIAN PRESS

DID YOU KNOW?

FACT:

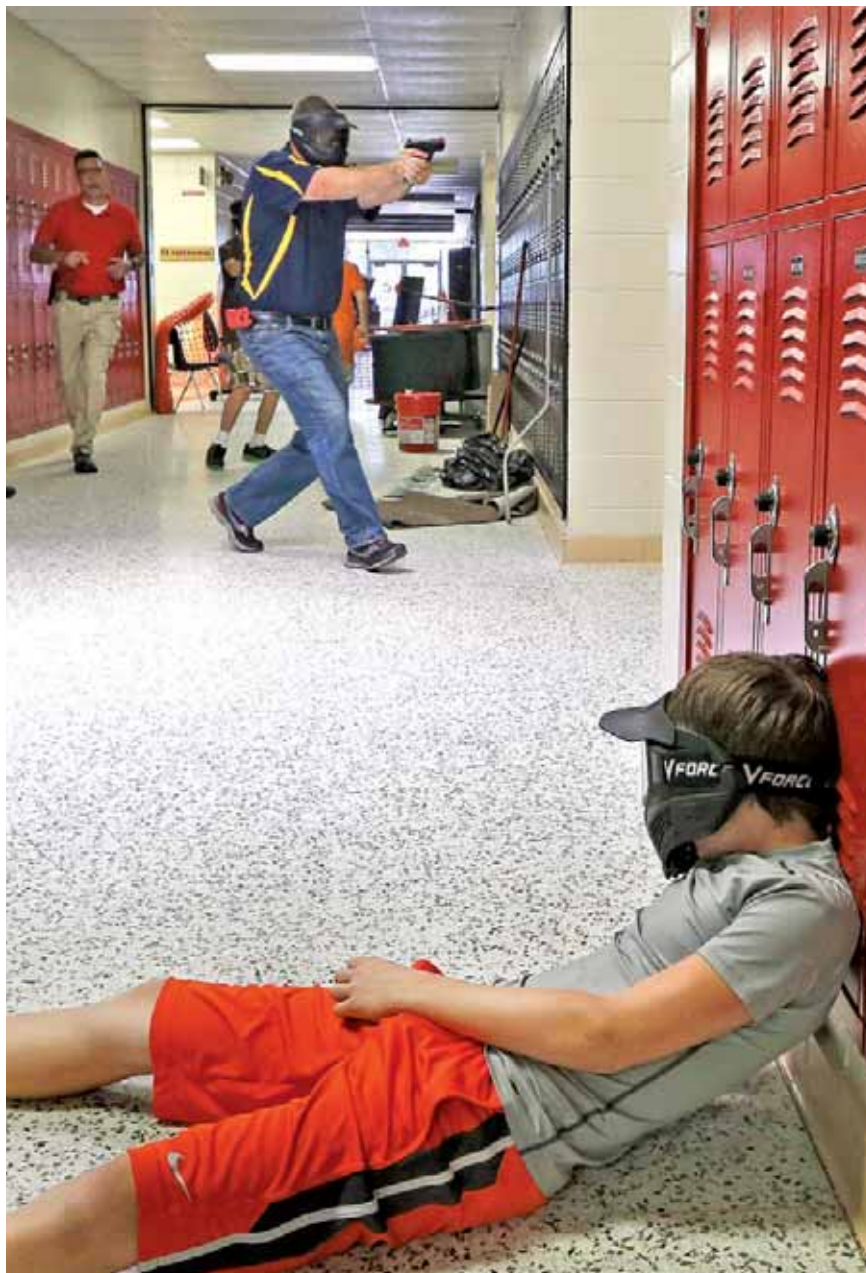
In a recent study comparing the cost of wireless services, **Canada ranked as more affordable than the US in over 65% of the usage scenarios studied. How about that!**

Source:

OECD Communications Outlook 2013, based on mobile voice, voice & data, and wireless broadband (laptop and tablet) usage baskets.

CANADA  A WORLD LEADER IN WIRELESS

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A Clarksville High School faculty member, wearing a protective mask, carries a practice handgun toward a classroom in Arkansas as students portray victims in a mock shooting scenario. Twenty Clarksville School District staff members are training to be armed security guards on campus. DANNY JOHNSTON/THE ASSOCIATED PRESS

Ark. teachers getting armed and trained

Kindergarten cop? U.S. school district paying about \$50K plus stipends for ammunition, training to prep staff to act as security guards

When classes at Arkansas' Clarksville High School resume in August, assistant principal Cheyne Dougan will be among more than 20 teachers, administrators and other employees in the school district carrying concealed weapons.

After a school shooting in Connecticut last December that left 20 children and six teachers dead, the idea of arming schoolhouses against gunmen was hotly debated across the country.

The National Rifle Association declared it the best response to serious threats. But even in the most conservative states, most proposals faltered in the face of resistance from educators or warnings from insurance companies that

schools would face higher premiums.

Making use of a little-known Arkansas law that allows licensed, armed security guards on campus, Dougan and other teachers at the school will be considered guards.

In strongly conservative Arkansas, where gun ownership is common and gun laws are permissive, no school district had ever armed teachers, according to the state Department of Education. The closest was the Lake Hamilton School, which for years has kept several guns locked up in case of emergency. Only a handful of administrators — not teachers — have access to the weapons.

Clarksville, a community of 9,200, is going further. Supt. David Hopkins said he faced a flood of calls from parents worried about safety after the attack last year at Sandy Hook Elementary in Connecticut.

He said he and other school leaders didn't see why they couldn't rely on their own staff and teachers to protect students rather than hire someone. **THE ASSOCIATED PRESS**

'Awful'

Gun-shy residents react

State officials are not blocking Clarksville's plan, but Arkansas Education Commissioner Tom Kimbrell is opposed to the idea of arming teachers and staff. He prefers to hire law-enforcement officers as school-resource officers.

There are other dissenters, too. Donna Morey, former president of the Arkansas Education Association, called the idea "awful." The risk of a student accidentally getting shot or obtaining a gun outweighs any benefits, she said.

Sherry Wommack said the program is one reason she's taking her son out of Clarksville's schools before the school year begins. Wommack said she doesn't believe teachers should make life-or-death choices involving students.

"I think police officers are trained to make those decisions, not teachers," Wommack said.

THE ASSOCIATED PRESS

Reimagining safety

"The plan we've been given in the past is, 'Well, lock your doors, turn off your lights and hope for the best.' ... That's not a plan." Supt. David Hopkins

Poland's first face transplant patient home

Poland's first face transplant patient was discharged from the hospital Tuesday, speaking with some effort at a press conference just 11 weeks after the extensive surgery that saved his life.

The 33-year-old man said he owes his doctors "everything" following a skin-and-bone transplant on May 15, three weeks after losing his nose, upper jaw and cheeks in an accident at the brick factory where he worked. Doctors say it was the world's fastest time frame

for such an operation.

Doctors at the Cancer Centre and Institute of Oncology said rehabilitation is proceeding faster than expected thanks to the "courage and determination" of the patient, identified only as Grzegorz, who co-operated fully and never lost faith in the good outcome.

He can see, eat, taste and speak, though his speech is hard to understand because the face muscles still need to regain mobility.

THE ASSOCIATED PRESS



Poland's first face transplant patient, identified only as Grzegorz. **THE ASSOCIATED PRESS**

Ireland's first

Bill OK's abortion when life at risk

Ireland's head of state has signed the country's first bill on abortion into law, legalizing it in exceptional cases where doctors deem a woman's life at risk, including by suicide.

President Michael D. Higgins surprised some analysts Tuesday by signing the bill rather than referring it to Ireland's Supreme Court.

Anti-abortion activists are likely to pursue a Supreme Court challenge.

Until now, abortion held a maximum penalty of life imprisonment.

THE ASSOCIATED PRESS

B.C. court. Injured soldiers' lawsuit should be dismissed: Lawyers

At least one veterans group promises to campaign against the Conservative government because of a stand taken by federal lawyers, who argue the country holds no extraordinary social obligation to ex-soldiers.

The lawyers, fighting a class-action lawsuit in British Columbia, asked a judge to dismiss the court action filed by injured Afghanisthan veterans, saying Ottawa owes them nothing more than what they have already received under its controversial New Veterans Charter.

The lawsuit filed last fall

by six veterans claims that the charter, which replaces lifetime pensions with workers compensation-style lump sums for wounds, violates the Charter of Rights and Freedoms.

Mike Blais, president of Canadian Veterans Advocacy, told a Parliament Hill news conference that since the First World War, the government has recognized it has a "sacred obligation" to veterans and that notion was abandoned with the adoption of the veterans charter by the Conservatives.

THE CANADIAN PRESS



You could hire a crew to clear away unwanted vegetation, or you could bring in a herd of goats — which is what officials in Regina are currently doing to rid a conservation area of non-native greenery. Other municipalities have taken the same approach. In this file photo, a hungry goat eats away at a tree in Redwood City, Calif., after the San Francisco Public Utilities Commission rented a 400-strong herd to vanquish potentially hazardous vegetation that was growing near drinking-water pipelines. GETTY IMAGES FILE

Will work for food: Goats chew up landscaping biz

Regina. City officials go with the herd to clear away vegetation

Caragana shrubs are no match for goats that have been brought in to clear the pesky growth from a big Regina park.

Officials with the city's Wascana Centre Authority

have hired about 90 of the bleating eating machines to rid the shrubs from a conservation area of the park where the greenery has gotten out of control.

Naturalist Jared Clarke says caraganas were once planted in rows to delineate property lines, but they ended up choking out native species of grass and other plants.

Clarke says the goats are an alternative to using herbi-

cides and seem to work better than mowing, which is a temporary fix.

The more the goats gnaw away at the leaves, the harder it is for the shrub to grow back.

The goats will be on duty until Monday, when they will stand down and be transported back to their farm in Edgewood, Sask.

Clarke says if the project is deemed a success, the goats

Better than mowing

- It's not the first time goats have been brought in to do what they do best — Amazon used them at its offices in Japan.

could be brought back again in the future.

CJME/THE CANADIAN PRESS

Retail

Zara Home to launch in Canada

Zara Home is slated to open for business in Canada next month. The first location for the home furnishing brand is set to launch at Toronto's Yorkdale Shopping Centre on Aug. 22, coinciding with the startup of its Canadian e-commerce site.

Zara Home's second store will open at Carrefour Laval in Laval, Que. on Aug. 29. Zara already has apparel stores in a number of cities across Canada.

Zara Home specializes in decor based on the latest fashion trends. It carries bedding, table and bath linens, furniture, cutlery and more. **THE CANADIAN PRESS**

Dubious food

Oreo doughnut tops Timmie's contest shortlist

On a day when doughnut flavours included devil's food cake and caramel popcorn, it was the simpler creations that won the day for Tim Hortons' Duelling Donuts contest.

B.C.-born Jason Priestley was among the panel of judges who whittled down the long list of 16 doughnut creations to just eight on Tuesday. Among the finalists are the S'more Of It, the Monkey C, Monkey Do-Nut, the Dark Chocolate Cherry Chunk and the Oreo Borealis. The latter took top honours. **THE CANADIAN PRESS**

Market Minute

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WATER'S RISING. WHERE'S THE ARK?

Ho-hum. Another day, another prophet of doom.

Today's Cassandra du Jour is someone named Benjamin Strauss from something called Climate Central. Strauss concludes that without an immediate deep reduction in greenhouse gas emissions, 1,700 U.S. cities will be underwater by the end of this century.

And even if we stop adding greenhouse gases to the atmosphere right now, 80 cities including Hoboken, N.J., and Fort Lauderdale, Fla., are already toast. Frank Sinatra's hometown sinks beneath the sea! Pictures at 11!

Strauss's conclusions have been published in the Proceedings of the National Academy of Sciences (not the National Enquirer) and run through the news cycle. Headlines everywhere. Hard to miss.

You may be wondering if Strauss is just some paranoid nut-



JUST SAYIN'

Paul Sullivan

metronews.ca

case. If he is, he's a paranoid nutcase with a PhD in ecology and evolutionary biology from Princeton, a master's in zoology from the University of Washington, and a BA in biology from Yale. A beautiful mind.

Climate Central certainly sounds reputable: "An independent organization of leading scientists and journalists researching and reporting the facts about our changing climate and its impact on the American public." Such as 1,700 cities will be sleeping with the fishes by 2100.

This is not just an American wet dream: Various studies have also earmarked several coastal Canadian cities, such as Vancouver and Halifax, for the Big Bath.

So what's going on here? Why aren't we all stampeding for higher ground? Even if 2100 seems a long way off, the sheer scale of this inundation should have us building big

boats in our backyards and pairing off the raccoons and Pomeranians, especially if we live in Hoboken or Fort Lauderdale.

But nothing's going on here. The U.S. president has a "plan," but it's hardly an emergency response, and even if the U.S. starts cutting emissions and shoring up dikes, that supposedly won't hold back the tide. And, of course, our Prime Minister Stephen Harper sees the emission of greenhouse gas as a patriotic act.

We obviously don't believe Strauss or all those other guys with letters after their names. Apparently, the skeptics have done a great job of painting them as a bunch of careerists so greedy for grants they'll say anything, no matter how over the top. If anyone's all wet, it's Strauss and all those other *scientists* (dirty word).

Still, aren't you a bit creeped out? What if Strauss is only half right, or a quarter right? What if the skeptics, who don't have nearly as many letters after their names, are the wet ones?

Is there anybody out there who can tell us the truth? It's a simple, honest question: How high's the water, daddy? Really?

ZOOM

Of course Road Runner is for dinner



DEBBIE DICARLO/REX FEATURES

Photog captures coyotes interacting

This stunning picture taken by amateur wildlife photographer Debbie DiCarlo shows the adorable coyote pups howling as the adult coyote tips back its head to let out an ear-piercing howl at a wildlife preserve in Hinckley, Minn.

METRO

Q and A

'Hope and emotions'



DEBBIE DICARLO
Amateur photographer, 58, from Cleveland, Ohio

From the photograph's composition, it looks like the pups are mimicking the adult in howling ... Yes, but that's certainly from the point of view of us humans, and how we assign human expressions to animals.

But isn't that what makes animal photography special — when we assign it human traits? I completely agree. That is certainly one great way of interpreting these photographs. Animal photographs conjure up amazing imagery of hope and emotions in us all.

Clickbait



ANDREW FIFIELD

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We're past the halfway mark of the year, which is still a depressing distance from the best-of lists that pepper December and January. So let's get an early start with a trio of some of the best mobile games of 2013.

Limbo

The long-awaited port of 2010's moody gem has finally arrived. Take control of a boy navigating the dangers of a beautiful but starkly harsh side-scrolling world (pictured). Seriously stark. The game is full of punishing puzzles and grisly deaths. (iOS/\$4.99)

Gemini Rue

A defiantly old-school point-and-click sci-fi noir set in a future familiar to Blade Runner fans. The original version was designed for keyboard and mouse, so the controls can be awk-

ward. But solving the mysteries of the dual-plotted story is addictive enough to overlook them. (iOS/\$4.99)

Star Command

From the clever dialogue to the pixelated graphics, everything about space adventure reads as a love letter to Star Trek. Managing your crew and monitoring shield and weapon systems during frenetic battles is deep and challenging, though that's offset a bit by a linear story and shallow interactions with the races you encounter. (iOS, Android/\$2.99)

Twitter

@metropicks asked: A scientist made a 'Frankenburger' from animal stem cells. Would you eat it? Is it vegetarian?

@NHL4HAMILTON: Sure ill give it a try! Be interesting to see what it tastes like.

@st_mack: As long as there was



Frankenbacon to go on top of it.

@1983boxedwine: No Way! We should care about where our food is coming from and what we put in our bodies. #realfood #lessdisease #healthyliving

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: ottawaletters@metronews.ca

Review



The Smurfs 2

Director. Raja Gosnell

Stars. Neil Patrick Harris, Hank Azaria

The problem with The Smurfs is that the blue mushroom-dwelling dwarves(?) just aren't elaborate or very amusing. In that sense, they're perfectly safe film fodder for prepubescent. In this straightforward sequel, Papa Smurf and company travel to Paris to rescue Smurfette (a whiny-sounding Katy Perry) from diabolical wizard Gargamel (Hank Azaria, trying his best). The sequel would've been buoyed by new characters except that one (named Hackus) is ceaselessly irritating. Still, Hackus shouldn't worry — with \$150 million in corporate tie-ins already, his ugly mug will surely appear on everything from plush dolls to nasal strips. **STEVE GOW/METRO**

Celebrity news



Miley Cyrus.

BORIS ROESSLER/THE ASSOCIATED PRESS

Not a girl, not yet a woman, but totally fine, guys

Miley Cyrus' transformation from a sweet-faced child star into a wild-child sensation has garnered plenty of debate, but she says it's not really all that deep — she just grew up, y'all.

"I think people forget what it feels like to be 20," she said in a recent interview. "People just evolve and that's all that's happened to me. But people think a mad scientist somehow cooked up this potion and turned me into a different human. ... All I did was get a haircut and buy some clothes." **THE ASSOCIATED PRESS**

Two guys, two guns, no spanking

Interview. Denzel Washington and Mark Wahlberg talk about going funny with new buddy comedy 2 Guns

MATT PRIGGE
Metro World News

Denzel Washington is funny. He just doesn't do funny movies.

People have told him how good he is with a joke. He agrees and he doesn't.

"I'm quick. But being funny on purpose, take after take — I don't know. It's new territory."

Indeed, he hasn't done a full-on funny film since the ghost comedy Heart Condition, opposite Bob Hoskins in 1990. It's the only one on his resumé.

2 Guns isn't a full-on comedy. It's a '70s-style throwback thriller, starring Washington and Mark Wahlberg as undercover government agents embroiled in the pursuit of a booty of stolen cash. But he and Wahlberg, longtime friends finally working together, have great chemistry, and the tone of the film allows them to goof around in between shoot-outs and scenes where Bill Paxton's fearsome CIA heavy plays Russian Roulette with his crotch.

"I'd been looking to stick my toe in the water," Washington says about being funnier. "Especially coming off Flight, I was looking to do something where I had more fun."

Wahlberg had already been attached to the production, based on Steven Grant's comics, which was a big selling point for him.

"Mark is not just funny, but he has a warmth and a heart about him that I've loved. I watched Ted the other night. That's a sick movie."

Not that he wanted to go that far.

"I'm not ready to be spanked yet — not right out of the gate. But (Wahlberg) helped free me up, to go for it, to not worry about being silly."

Wahlberg was happy it wasn't the traditional kind of buddy comedy.

"Usually they'll take the comedy guy, the really out-



Denzel Washington and Mark Wahlberg star in 2 Guns, which opens this weekend. CONTRIBUTED

In character

"I try to bring my own personality to the parts, some kind of personal connection. The audience can maybe believe it a bit more."

Denzel Washington
Talking about he gets into character

there comedy guy, and put him with the straight guy. We didn't want to do that," Wahlberg explains. "We felt like the two had to be really formidable opponents, to earn that camaraderie, to earn that trust in one another."

Asked how they handle comedy or drama, Wahlberg says there's little difference.

"I approach everything the same: I try to make it as real as possible," he explains. "If you're going to make people laugh or cry, it's the same thing. But if I start doing pratfalls, someone please pull the plug."

Washington just tries to integrate himself in his roles.

"I try to bring my own personality to the parts, some kind of personal connection," he explains. "The audience can maybe believe it a bit more."

When asked which role is closest to the real him, he can't help but joke.

"Training Day. That's who I am. That's the real Denzel."

In Focus

2 Guns took two roads to production



IN FOCUS
Richard Crouse
scene@metronews.ca

This weekend Denzel Washington and Mark Wahlberg co-star as a DEA agent and an undercover Naval Intelligence officer who are investigating one another in 2 Guns.

Conceived as a vehicle for Owen Wilson and Vince Vaughn after the success of Wedding Crashers, the movie was originally meant to take advantage of the comedic chemistry between the two, but slowly morphed into something else as it made its way to Wahlberg and Washington.

It joins a long list of movies to change tone

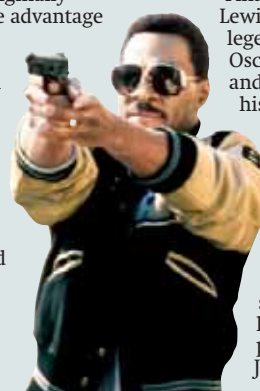
as they swap casts.

We think of Beverly Hills Cop as the hilarious Eddie Murphy movie about a streetwise Detroit cop displaced to hoity-toity Los Angeles. Initially however, the movie was meant to star Sylvester Stallone.

Stallone also turned down the part of Jack Colton in the romantic action-adventure Romancing the Stone and was replaced by Michael Douglas.

Taxi Driver made Cybill Shepherd a star, but the part almost went to Farrah Fawcett Majors because, producer Julia Phillips claims, director Martin Scorsese preferred Majors' "shapely bottom."

Finally, Daniel Day Lewis is an acting legend with five Oscar nominations and three wins to his credit, but imagine if he hadn't turned down the roles of Zod in the recent Superman epic Man of Steel or Shakespeare in Love's love interest, a part that went to Joseph Fiennes.



2 SCENE



Justin Bieber. ALL PHOTOS GETTY IMAGES

Bieber's crew busted with pot at the border

Marijuana and drug paraphernalia were seized from one of Justin Bieber's tour buses during a stop at the U.S.-Canada border, according to E! News.

Bieber himself wasn't on

the bus, and his rep insists, "It wasn't Justin's bus," but Customs officials say it was part of his convoy.

"The tour bus, associated with musician Justin Bieber, was en route to a concert

schedule later Sunday night in Detroit," a spokesman says. "Officers seized marijuana and paraphernalia and issued a penalty to the driver. The bus and passengers were released."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Applaud for Lady Gaga, she needs it



THE WORD
Dorothy Robinson
scene@metronews.ca

Well, hello there, new artwork for Lady Gaga's new single, Applause, which looks like something Barbra Streisand would do circa 1983

Gaga unveiled this cover on Sunday to Women's Wear Daily, which was created by photography duo Inez van Lamsweerde and Vinoodh Matadin, who also filmed the single's music video. The single will drop on Aug. 19.

"What I'm saying in the song essentially is that I live for the applause. I live for the way you cheer and scream for me. Give me that thing that I love. Put your hands up, make them touch," she told the magazine about her inspiration for the single, which is a much, much

better title than just calling it Clappin'.

Under the Dome still under said dome

Welp, it looks like no one is escaping that stupid dome anytime soon — CBS has renewed *Under the Dome* for a second season.

"We're excited to tell more stories about the mystery of the dome and the secrets in Chester's Mill, and are thrilled to have the master storyteller himself, Stephen King, tell the first one of next season," CBS Entertainment President Nina Tassler said in a statement.

The renewal makes sense as the show is a bonafide hit for the network, averaging about 13.8 million viewers, according to Nielsen numbers provided to the network.

Considering this was to be a mini-series done and over in 13 tight episodes, this renewal is just stretching it out to make advertising dollars. So instead of a mini-series, it will now be a TV show. So what are they going to call the second season, *Under the Dome: Still Not Over It?*



Evan Rachel Wood

Another celebrity couple trying to copy royals

Evan Rachel Wood is officially a mom. The 25-year-old actress gave birth to her first child Monday, her rep confirms to *Us Weekly*.

"Evan Rachel Wood and her husband, Jamie Bell, are parents to a beautiful boy," the rep says. "Parents and baby are all doing well."

Bell couldn't contain his enthusiasm, praising his wife on Twitter with, "What a day. Evan, you are my warrior! You never cease to amaze. Thank you for birthing our son so naturally and peacefully. You did it!"



Johnny Depp

Johnny Depp just wants to speak his own words

Maybe he was expecting a better box office performance from *The Lone Ranger*.

Johnny Depp has started talking about retiring from acting, telling the BBC, "I wouldn't say that I'm dropping out any second, but I would say it's probably not too far away."

Depp, who also mulled retirement in his recent *Rolling Stone* cover story, has a rather interesting reason for wanting to give acting a rest.

"You realize that you've said written words more than you've actually had a chance to say your own words, you start thinking of that as a kind of insane option for a human being."

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Unshakeable Christchurch

New Zealand.

After a devastating earthquake in 2011, the city is ready to welcome visitors

RUTH
ATHERLEY
life@metronews.ca

The city of Christchurch, New Zealand, is in full swing with its exciting rebuild plan after the earthquakes it experienced a little over two years ago. The city and the surrounding region of Canterbury offer many things to do, places to stay and eat, and are absolutely ready to welcome visitors.

In true Kiwi form, the people of Christchurch are focusing on finding the silver lining and while remembering and honouring the past, they are embracing the future. The focus is now on creating a world-class city that engages both locals and visitors. A blueprint plan that concentrates on creating an accessible, world-class city that showcases all the fabulous activities, restaurants, accommodation and business opportunities that Christchurch has to offer has been developed and is in the process of being brought to life.

Experience Christchurch of today

While the people of Christchurch are looking forward, they realize that many visitors want to better understand what happened two years ago. Quake City is an interactive experience that outlines the science and the human interest elements behind the earthquakes. Now visitors can take the tour through the “red zone” — now the rebuild zone. Here you can



The Re:START mall is a fun shopping area in the heart of Christchurch. DAVID SWANSON

see the work being done and get an up-close view of the uncrushable Kiwi spirit that shines through as the city is re-created. In fact, each day many of the areas of the city are being reopened to the public and, as this happens, you can see the joy and pride in the faces of the people who call Christchurch home.

You can also check out the Cardboard Cathedral. This structure is being built to temporarily replace the historic Christchurch Cathedral, which was damaged during the earthquakes. Church services will be held in the Cardboard Cathedral, which is made of paper tubes coated with waterproof polyurethane, and was opened in June 2013 with seating for 700.

Shop and sip

For those interested in shopping, the Re:START mall is an area that offers some of the best New Zealand designers. Re:START may not be the first shipping container shopping mall in the world, but it is one of the most creative, appealing and — a priority in New Zealand — fun! More than 50 retailers are located right in the heart of the city, including great cafés, the perfect place to rest your weary feet after a morning of trying on designer duds and checking out the bright, vibrant and energetic area. There is also New Regent

Street, which is a quaint street full of shops and boutiques — and, of course, cafés. After all, shopping and coffee were made for each other.

Discover the magic of the Canterbury region

While Christchurch is a fabulous city, visitors are also encouraged to venture out into the Canterbury region. And who better to show it to you than a fifth generation Canterbury — a real local. A local's local, if you will. David Hiatt runs Canterbury Guiding Company, a specialized tour provider that offers excursions that you just can't get anywhere else. He knows winemakers and cheese mak-

Get the app

Tourism New Zealand (TNZ) is making travel to New Zealand even easier with the launch of its first mobile app — Essential New Zealand. The free to download app offers advice to travellers on the go in New Zealand, without the need for a WiFi connection, encouraging them to do and see more while in the country.



ers, farmers and artisans and, relevant to his guests' interests, he makes magic happen. David and his team know every inch of the Canterbury region — the wineries, the restaurants, the trails, the farms and the people. If the guests want it, David can make it happen. One day it might be a behind-the-scenes chat and tasting with a cheese maker. The next day, it might be a balloon ride to view the mountains and sea or a wine tasting with the winemaker. One thing is for certain — David is the guy to take people to see the Canterbury that the residents know and love.

Air New Zealand (airnewzealand.ca) has direct non-stop flights from Vancouver to Auckland and offers flights from many other North American cities. For more information about New Zealand, visit newzealand.com.

Stay in style. Splurge for some fine accommodations in New Zealand

While there are plenty of budget and reasonably-priced places to stay on both the North and South Islands of New Zealand, there is a growing trend for even the most budget-conscious visitors to take a night or two and indulge themselves by staying at one of the country's nicer lodges or hotels.

The Boatshed on Waiheke Island, just a 40-minute ferry ride from Auckland, offers visitors a charming piece of Kiwi life. The five suites and two bungalows are designed to reflect “baches”

— a New Zealand term for a holiday home.

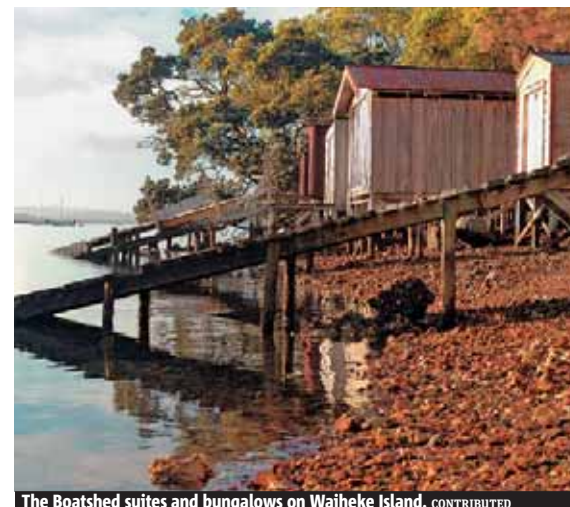
It offers an eclectic mix of different buildings, spaces and room types — all with a view of the ocean. And exclusive to guests is fine dining at The Boatshed's restaurant.

Service is in a relaxed, al-fresco setting, with exceptional New Zealand seafood and gourmet meat cuts accompanied by organic, locally sourced produce (some grown at The Boatshed). The fact that this luxury accommodation is located on

Waiheke Island, which is home to a number of beautiful vineyards, just makes it that much more of a treat.

And also for wine lovers, there is Black Barn, located in the wine producing region of Hawke's Bay. This winery and vineyard produces fabulous wines and also offers accommodation — right in the vineyard. There are 14 distinctive, self-contained accommodations offering character and style.

RUTH ATHERLEY, METRO



The Boatshed suites and bungalows on Waiheke Island. CONTRIBUTED

3
THE

Short on travel dough? Try these under-the-radar spots

"Travelling shouldn't be reserved for people who are affluent," says Freddie Pikovsky, an editor at the travel blog Off Track Planet and co-author of Off Track Planet's Travel Guide for the Young, Sexy, and Broke.

His book is a frank guide for the ramen eaters among us, and we mean frank — think Greece's best hookup spots and avoiding narcs in Thailand.

Not all of us can afford that five-star hotel, so we asked Pikovsky to give us some alternative places to put our extra vacation days toward.

METRO WORLD NEWS



Dream trip: Australia Try: Taganga, Colombia

The small fishing village of Taganga, Pikovsky says, is "one of the cheapest places in the world to get SCUBA-certified." It's cheap to stay in the area too, and it retains a lot of pre-commercialization. "The last time I was there, they didn't even have roads yet — it's still dirt roads," Pikovsky says. And we know what you're thinking — worried about being kidnapped? "Things have changed there so much," he says. "The guerrillas that were kidnapping people were decentralized by the government, so kidnapping is not as valuable a thing for them anymore." Other people's hesitation to visit means the crowds are few, and the luxury resorts are popping up — all of which means that now is a good time to go.

Dream trip: Amsterdam

Try: Vancouver

Besides Colombia, another destination that's going through a reputation shift is Amsterdam. Gone are the days of hitting a café for an illegal smoke: "They've actually changed their law, and it's now only for locals," Pikovsky says. But, he says, Vancouver is the new it-spot for café culture. "You can do basically everything that you were once able to do in Amsterdam as a tourist but can't do anymore."



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Dream trip: Tokyo

No, really, go there. "Since the earthquake, they've been trying to promote tourism heavily," Pikovsky says. "I haven't personally been to Japan, (but) there are probably affordable options now for flying over there."

Advice

Get the cheapest flight

"Go toward the shoulder of a season," Pikovsky says. "You don't necessarily want to go at the height of a season, and you might not necessarily go at the off point, but somewhere toward the end or a little bit early on in the height of the season, you'll find discounted airfare."



Dream trip: Paris

Try: Buenos Aires

"The city is built almost like the Paris of South America," Pikovsky says. For your French fix, hit the neighbourhood of Palermo, which resembles Paris and has "a lot of European influence," he says. Other sites to see: the Pink Palace, Argentina's version of the White House, and Avenida 9 de Julio, the widest avenue in the world.

Packing

Carry on, fearless traveller!



ON THE MOVE

Loren Christie
life@metronews.ca

What makes a perfect carry on? There are a few essentials that you should be bringing on board every flight.

An emergency toiletry kit just like those little ones people travelling in first class are given is perfect for freshening up prior to landing. Make it yourself and include toothpaste and toothbrush, moisturizer, lip balm, mini deodorant and a hairbrush. For women bring along mascara, lip gloss and tinted moisturizer. Make sure you go for small sizes and adhere to the rules and regulations on liquids and gels. Each container must be 100 ml or less and all of them have to be able to fit in one clear, closed, re-sealable plastic bag no more than one litre in capacity. Remember that food items



Be prepared! iStock

like yogurt and peanut butter are also considered liquids and gels so if you are bringing snacks for yourself or the kids bring dry ones. An empty water bottle that you can fill up on the other side of security is a must.

I never bring a lot of extra clothes in my carry on, but a sweatshirt for warmth is a good idea. For women

a pashmina is even better. It can be a blanket, pillow or a scarf and takes up less space. Toss in a spare pair of underwear and a bathing suit (if you are headed to the beach) in case of lost luggage.

Electronics such as an iPad, cellphone or camera have to go in your carry on. All electronic devices containing lithium batteries are prohibited in your checked baggage. On the other hand, don't carry on any electronics, such as a hair dryer, that you cannot turn on if requested to do so by a security screening agent. Bring along a good magazine or a book for when electronics need to be turned off during take-off and landing.

Large noise cancelling headphones are practical and helpful. They save you from having to buy cheap ear buds on board and act like a giant Do Not Disturb sign if you prefer not to engage in two hour conversations with your seat mate. Check out the Canadian Air Transport Authority website for a full listing of exemptions and prohibited items.

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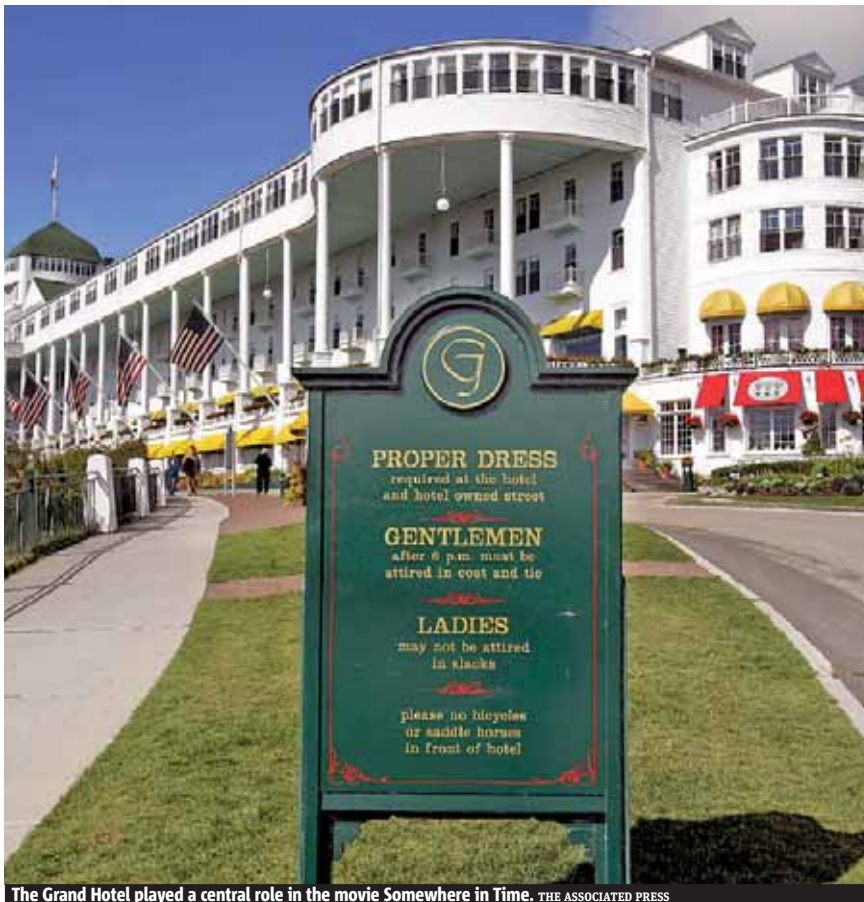
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The Grand Hotel played a central role in the movie *Somewhere in Time*. THE ASSOCIATED PRESS

Come to the island where time stood still

Mackinac Island. In northern Michigan is a tiny place still powered by horses

Producers of the 1980 movie *Somewhere in Time* didn't need to build elaborate sets to depict the tale of a playwright who travels back to 1912 to find romance. They simply filmed on Mackinac Island, a Great Lakes enclave that retains its Victorian-era charm thanks to its ban on motor vehicles.

Motor vehicles have been banned on the island since the start of the 20th century after an automobile frightened some of the horses. These days, people still travel by horse-drawn carriage, as well as by bike and by foot.

Mackinac Island, located off the Straits of Mackinac separating Michigan's Upper and Lower Peninsulas, was an im-

portant outpost in the region's fur trade, but that gave way to fishing and eventually tourism.

Among the main attractions: the Grand Hotel, a 385-room luxury hotel that played a central role in *Somewhere in Time*. In fact, fans of the movie, many in period costumes, descend on the island and the hotel every fall for a weekend of reenactments and a screening.

You get reminders of a bygone era before even leaving the mainland by ferry. Crews cart overnight luggage onto the ferry, the way full-service porters used to at train stations and hotels. The Grand Hotel stands out as your ferry approaches the island. Closer to the dock, you pass a pair of quaint light-houses, including one featured in the movie.

Once you're on the island, you have plenty of options. Head to the Mackinac Island State Park Visitor's Center for an orientation. About 80 per-

If you go...

- **Mackinac Island.** Located in Michigan about 480 kilometres north of Detroit. Ferries leave several times a day from Mackinaw City in the Lower Peninsula and St. Ignace in the Upper Peninsula. Flights available to Pellston, near the ferry, from Detroit and Chicago.

cent of the island is controlled by the state park, but staff there can also point you to other things to do, too. For \$11 US, visitors can stroll through Fort Mackinac. You can witness demonstrations of old-style guns and a cannon — be sure to heed the demonstrators' advice to cover your ears. You can also see some of the buildings once used for distributing supplies and housing soldiers.

THE ASSOCIATED PRESS

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The anti-meat BBQ burger

Food. Food blogger Angela Liddon shares her favourite grease- and grime-free veggie recipe for a hot and sunny day. It's not all about melted cheese and steak you know.

ROMINA MCGUINNNESS
Metro World News in London

Barbecue. Admit it. The second you read that word, your brain bombarded you with images of charcoal steak and roasted marshmallows.

"There are so many other options that showcase classic summer foods without sacrificing flavour or nutrition," Angela Liddon, food blogger and founder of the vegan friendly website Oh She Glows tells Metro. "A veggie burger can be both hearty and satisfying, as is a smoky grilled salad. And one thing is for sure, you'll feel



This recipe makes eight burgers. CONTRIBUTED

light, energized, and anything but weighed down!" she adds.

Here is her favourite summer recipes, a veggie burger.

"These veggie burgers are one of the most popular recipes on my blog. They have all the right elements we love in a

veggie burger — chewy, hearty, and they hold together well when cooking. You can freeze the burgers after cooking for quick and easy meals throughout the week."

1. Preheat oven to 350 F and line a baking sheet with parchment paper.

2. Whisk flax and water in a small bowl and set aside for 10 minutes.

3. In a large bowl, mash the black beans until a paste forms with a few chunky beans left intact for texture. Stir in the rest of the ingredients (including the flax and water mixture), adjusting spices and seasonings to taste if desired.

4. With slightly wet hands, shape dough into 8 patties. Pack dough tightly as this will help it stick together.

5. Cooking options: Bake patties at 350 F for 15 minutes, gently flip, and bake for another 15-20 minutes until patties are firm and golden.

Ingredients

- 3 tbsp ground flax seed
- 1 1/3 cup warm water
- 1 (15-oz) can black beans, rinsed and drained
- 1 cup grated carrots
- 1/3 cup finely chopped parsley
- 2 large garlic cloves, minced
- 1/2 cup chopped red onion
- 1/2 cup sunflower seeds
- 1 cup oat flour
- 1/2 cup spelt breadcrumbs (or breadcrumbs of choice)
- 1 tbsp extra-virgin olive oil
- 1-2 tbsp tamari, to taste
- 1/2 tbsp chili powder
- 1 tsp each dried oregano, ground cumin, fine grain sea salt
- freshly ground black pepper, to taste

For grilling on the BBQ: pre-bake the patties in the oven for about 15 minutes at 350 F before placing on a pre-heated grill. Grill on each side for a few minutes until lightly golden.

6. Serve with toasted buns or lettuce leaf "wraps".

Drink of the Week

Almond Iced Tea

Not too sweet and slightly nutty, this summer mix is perfect for outdoor sipping.

By the glass

- 1 1/2 oz Belvedere Lemon Tea
- 1/2 oz almond syrup
- 3/4 oz lemon juice
- 3 oz green tea

Build over ice and garnish with a lemon wedge.

By the pitcher

- 375 ml Belvedere Lemon Tea
- 100 ml almond syrup
- 175 ml lemon juice
- 700 ml green tea

Add all ingredient to pitcher over ice. Garnish with lemon and blueberries.

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It's my position and I will be emotionally intelligent if I want to

Heart at work.

Interacting with people means working with emotions, so get to know how your own feelings factor into the business world

MEGHAN GREAVES
TalentEgg.ca

It's pretty hard to find a job description that doesn't mention strong interpersonal, teamwork, collaboration or universal communication skills.

This is why employers are putting a big emphasis on finding employees who have strong "emotional intelligence."

Whatever industry you plan on working in as a student or new grad hire, high emotional intelligence is never a bad thing. Read on to get the inside scoop on this skill.

What is emotional intelligence?

Emotional intelligence is a mix of various components, each of which has to do with how you interpret and engage with your emotions.

Acknowledging emotions

This means acknowledging not only your emotions but the emotions of those around you as well. Employers don't want your bad day to affect how you treat co-workers or clients. Also, recognizing the emotions of others is an im-



Remember: Emotional intelligence includes both your emotions and the emotions of others, so develop this skill to incorporate all parties.

ISTOCK

portant step to maintaining a successful work environment.

Understanding emotions

There will be times during your career when people will upset you without realizing that they have done so. For example, the way an email comes across, lack of recog-

nition upon the completion of a task or a short comment from your boss or co-worker. Everyone in the office has a ton going on, which doesn't leave much room to take into consideration how something they said or did affected you. Understanding how emotions work in these types of situa-

Your thoughts?

@TalentEgg: #QuestionoftheDay: After an interview, what's the best way to follow up? And how long do you wait to do so?

- @charmyp: A quick thank you note and a #reiteration of the points discussed would be perfect within 24 hours!
- @JubleeW: A thank you note sent within 3 days.

- @AbacusRecruits: It's always best to wait at least a week.

- @mrstephenchin: 2-3 days in an email/voicemail...or over the phone!

- @ShabShah: reading these responses, it's interesting how varied the timelines are for different people. Personally, I'd wait at least a week!



ee's emotional intelligence without actually seeing them in action. This is why it's important to showcase this skill during the application process in an effective way.

The first opportunity you have to showcase your emotional intelligence is during your application (in your cover letter, resumé or professional online profile).

Simply stating that you have strong emotional intelligence won't prove much. To successfully showcase this skill, expand on experiences that have helped you develop higher emotional intelligence.

The next opportunity you have to showcase your emotional intelligence skills is during the interview. You can do this by giving genuine responses, communicating accordingly and preparing an example of a situation where you've applied this skill.

Bring the phrase into play and explain how it's relevant to the job you're pursuing. Next, provide a concrete example of a situation where your emotional intelligence was an asset and helped you negotiate the challenge at hand.

Expanding to explain how you've developed this skill, how you applied this skill and the outcome it had on the situation at hand is an effective way of showcasing your emotional intelligence skills.

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tions will leave you a lot less stressed out, less worried and more confident.

ways keep your cool and manage your emotions in a professional and appropriate way.

Facilitating emotions

Knowing how to handle your emotions in a positive way (such as making people feel open to having a discussion with you and avoiding being defensive) makes everyone more productive. When working with clients and co-workers, having positive emotions versus negative makes everyone feel more comfortable. Monitor how you're facilitating your emotions by considering how your body language, tone and mannerisms come across.

Handling emotions

Sometimes you'll be in a situation where you have to keep a firm grip on your emotions and avoid expressing them in any way. The workplace is no place for heated arguments, for example. Inevitably, there will be situations throughout your career that push your limits, but it's crucial to al-

Strengthening your emotional intelligence

The first step to strengthening your emotional intelligence is learning about it and being aware of how this skill works and applies in the workplace. You're already doing just that! But reading and learning about this skill isn't enough. You must learn to use your emotional intelligence in real-life situations.

Start to consider how your emotions play out while with friends, peers, family, professionals and even strangers to get a good grasp of how you tick. Try and identify situations where you may be too liberal with your emotions or times where the emotions of others have a significant impact on your own mood.

Showcasing your emotional intelligence

It's hard for an employer to recognize a potential employ-

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Get off that couch and into an office

From beach bum to accomplished employee. It's not too late to help your child find a summer job

ALISON BOWEN
Metro World News

If your son or daughter still is not picking up a paycheque this summer, it's not too late.

As a wealth management adviser, Ellen Perry has spent years advising people on how to keep not only business, but also families, thriving.

One of her pieces of advice? Get a summer job. They teach valuable life skills, whether interning in an office where your child would like to ultimately work or serving pizza slices.

After working with more than 100 wealthy families, she wrote *A Wealth of Possibilities: Navigating Family, Money, and Legacy*.

Although the book is geared toward families with money, her counsel can apply to par-



If you put too much pressure on your child to find the perfect position, you're likely to drive them away from the hunt. As a parent it's important to remain positive and empowering. ISTOCK

ents and children across the board. Perry gave us tips for getting your child off the couch and into a summer job:

Don't make it optional

Give them two weeks after school ends to lie around the house and sleep late — then, if they aren't employed, tell them you will find one for them (and that it is going to be far less interesting).

Help them brainstorm all the options

What are they good at? What experiences do they have that are helpful?

Stay out of the actual job search as much as possible

Don't make the calls for them, line up the interviews for them, pull strings for them. You are trying to teach them resourcefulness and resilience — you

can't be too involved if they are actually going to learn those lessons.

Remember practical skills are useful

The job doesn't need to be fancy to be good for them.

Waitressing can teach a lot about time management, pacing, customer service and multitasking.

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How high? Diving reaches new level at world championships

American Cieslie Carlton descends into the Barcelona harbour during the high diving competition at the world aquatic championships on Tuesday. Carlton — who is afraid of heights and flying — plunged the equivalent of seven storeys and when she resurfaced she had won the inaugural gold medal in the sport at the world championships. QUINN ROONEY/GETTY IMAGES

'Little Joe' signs big deal to stay in S.J.

NHL. Extension worth \$30M over five years

Joe Pavelski endured plenty of highs and lows during his first seven seasons with the San Jose Sharks.

Most notably, he saw his year end short of the Stanley Cup final every time. Not living up to expectations so often earned the Sharks a dismal reputation for losing in the

All about the cup

"We haven't turned that corner quite yet."

Joe Pavelski, on the Sharks' playoff hopes.

playoffs.

"Every year we've come in, you've had that feeling that we can get the job done," Pavelski said. "We haven't turned that corner quite yet."

"Yet" was the word that resonated for Pavelski, who on Tuesday signed a five-year, \$30-million US extension that keeps him with the Sharks through the 2018-19 season. It was a deal the 29-year-old centre signed not only for long-term security but also because he believes this group can win a championship.

"To be a part of the core, to play those minutes, to be looked at like that, it's one of the big reasons why I believe this team can win," he said on a conference call with reporters.



Joe Pavelski signed a five-year deal with the San Jose Sharks.

EZRA SHAW/GETTY IMAGES

"It's because we've been there, we've learned, we've grown up as a group in a lot of ways."

THE CANADIAN PRESS

Elsewhere in free agency

- The Maple Leafs avoided arbitration with Mark Fraser, signing the defenceman to a one-year deal, reportedly worth \$1.275 million on Tuesday.
- The Canucks signed Latvian forward Ronalds Kenins, who spent last season with the Zurich Lions.
- The Flames have signed centre Josh Jooris to a two-year, two-way deal worth \$832,500 per year in the NHL and \$70,000 in the AHL, with a signing bonus of \$92,500.

Basketball

First to score in NBA dead at 94

Oscar (Ossie) Schectman, the former New York Knicks guard who scored the first basket in NBA history, died Tuesday. He was 94.

Schectman scored the opening basket of a game in what was then known as the BAA on Nov. 1, 1946, for the Knicks against the Toronto Huskies.

THE ASSOCIATED PRESS

NBA

Pistons acquire Jennings in trade

The Detroit Pistons have made another move in their busy off-season, acquiring Brandon Jennings as they desperately try to end their four-year post-season drought.

Detroit landed the point guard from the Milwaukee Bucks for point guard Brandon Knight and two prospects, according to a person familiar with the deal.

The person, who spoke Tuesday on condition of anonymity to The Associated Press because the trade hasn't been announced, said Jennings has agreed to a \$24-million, three-year contract with the Pistons.

THE ASSOCIATED PRESS

Swimming

Ledecky levels another record

American teenager Katie Ledecky smashed the world record in the 1,500 freestyle for her second gold medal at the world aquatic championships on Tuesday.

Looking stronger at the end of the gruelling race than she did at the beginning, the 16-year-old obliterated the world record in the 1,500-metre freestyle by more than six seconds Tuesday night for her second gold medal at the world championships.

THE ASSOCIATED PRESS

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78 YEARS

Most likely to leave the nest

Well out of the playoff race, the Toronto Blue Jays figure to be sellers at Major League Baseball's trade deadline on Wednesday. Here are five players who could be on the move:

THE CANADIAN PRESS

Photos by Getty Images



Rajai Davis

The speedy outfielder is the ideal speciality player for a contender during the stretch run and playoffs. Davis is tied for third in the majors with 31 stolen bases despite having at least 100 fewer at-bats than anyone close. The impending free agent is also a more-than-capable right-handed platoon player, as he's hitting .333 against lefties this season.

Darren Oliver

Statistically, Oliver is having his worst season in almost a decade (3.82 ERA) at the age of 42. But left-handed relievers are hard to come by and Oliver has pitched in every round of the post-season. Oliver is a free agent this off-season, so any team acquiring him would only have to pick up the remainder of his \$3-million salary.



Juan Perez

If the deadline had been a week earlier, Jays GM Alex Anthopoulos would've likely had no trouble getting something for Perez, who had a 0.00 ERA in 14 appearances. Perez has since given up six earned runs in 3 1/3 innings, but his ERA is still 2.13. The 34-year-old lefty might be worth a gamble for a team in need of bullpen help.

Casey Janssen

Janssen is 18-for-20 in save opportunities and has been rock solid at the back end of the bullpen. The Jays have an affordable team option on Janssen for 2014, so Anthopoulos can deal from a position of strength to fill other holes in the organization. Janssen boasts a 2.43 ERA and doesn't have to be a closer to be successful.



Mark DeRosa

At 38, DeRosa is getting up there, hitting .232 with seven home runs in part-time duty. He wouldn't be a big piece for any contender, but DeRosa might be a low-cost option for teams looking for a veteran voice in the locker-room and a pinch-hitter who can provide a little bit of power.

NFL. From Kenya to Indy: Steep learning curve ahead for rugby player Adongo

Daniel Adongo has never played a down of American football, has watched only a few games on television and he tends to fidget with his helmet.

Somehow, the Indianapolis Colts found this muscle-bound six-foot-five, 257-pound athlete on the rugby fields of Africa and decided to give him a shot at making an NFL roster.

"Just take your steps and be patient," Adongo said. "The biggest thing is to be patient with myself and allow myself to

have a good learning curve and build myself up."

There are plenty of things the 23-year-old Kenyan must figure out now that he's working out with his new teammates at training camp.

He's still learning how to get around town, still getting used to the sensation of a helmet and pads and, of course, still learning the sport.

"He's coming over, he's here for two days and now he's going to experience an NFL camp right away. That's going to be tough, but he has teammates so hopefully everybody can help him out," said Indy's most recent first-round draft pick Bjoern Werner, who grew up in Germany.

There is little doubt Adongo can run and hit.

But the Colts are still trying to figure out where he fits best and how long, or successful, the conversion might take. Adongo believes the move to linebacker is the most logical place to start given the combination of size, speed and aggression required to excel in rugby. If that doesn't work out, he might get a chance at defensive end, tight end or fullback.

THE ASSOCIATED PRESS



Rugby player Daniel Adongo is trying out for the Colts. GETTY IMAGES FILE

NFL

Jets camp calmer without Tebow

With fans showing up last summer by the thousands every day to catch a glimpse of Tim Tebow, the New York Jets were the talk of NFL training camps.

Bit with Tebow gone this summer, so is some of the buzz. And that's not a bad thing for the Jets, whose focus is solely on football these days.

"It wasn't our faults. It was you guys," linebacker David Harris said of last year's media circus. "He's a good guy and he has a huge following, so you can't be mad about that. You just have to deal with it."

THE ASSOCIATED PRESS

NFL

Redskins' Hall may miss rest of camp

Washington cornerback DeAngelo Hall has sprained ligaments in his right ankle and could miss the rest of training camp.

Hall wore a walking boot during the Redskins' practices Tuesday. He was hurt Monday when he lost his footing while defending. THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Tampa Bay	63	43	.594	—
Boston	63	44	.589	1/2
Baltimore	58	48	.547	5
New York	55	50	.524	7 1/2
Toronto	48	57	.457	14 1/2

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	59	45	.567	—
Cleveland	57	48	.543	2 1/2
Kansas City	51	51	.500	7
Minnesota	45	57	.441	13
Chicago	40	63	.388	18 1/2

WEST DIVISION

	W	L	Pct	GB
Oakland	63	43	.594	—
Texas	57	49	.538	6
Seattle	50	55	.476	12 1/2
Los Angeles	48	56	.462	14
Houston	35	69	.337	27

Tuesday's results

Houston at Baltimore
Chicago White Sox at Cleveland
Washington at Detroit
Arizona at Tampa Bay (ppd.)
Seattle at Boston
L.A. Angels at Texas
Kansas City at Minnesota
Toronto at Oakland

Monday's results

Tampa Bay 2 Boston 1
Cleveland 3 Chicago White Sox 2
Texas 4 L.A. Angels 3
Oakland 9 Toronto 4

Wednesday's games — All Times Eastern

Washington (Gonzalez 7-3) at Detroit (Verlander 10-8), 1:08 p.m.
Toronto (Dickey 8-11) at Oakland (Colon 14-3), 3:35 p.m.
Houston (Bedard 3-8) at Baltimore (Gonzalez 8-4), 7:05 p.m.
Chicago White Sox (Peavy 8-4) at Cleveland (Kluber 7-5), 7:05 p.m.
Arizona (Miley 7-8) at Tampa Bay (Hellickson 10-3), 7:10 p.m.
Seattle (Iwakuma 10-4) at Boston (Lackey 7-8), 7:10 p.m.
L.A. Angels (Williams 5-7) at Texas (Perez 3-3), 8:05 p.m.
Kansas City (Guthrie 10-7) at Minnesota (Correia 7-7), 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	61	45	.575	—
Washington	52	54	.491	9
Philadelphia	49	56	.467	11 1/2
New York	47	56	.456	12 1/2
Miami	40	64	.385	20

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	63	42	.600	—
St. Louis	62	42	.596	1/2
Cincinnati	59	48	.551	5
Chicago	48	57	.457	15
Milwaukee	45	61	.425	18 1/2

WEST DIVISION

	W	L	Pct	GB
Los Angeles	56	48	.538	—
Arizona	54	51	.514	2 1/2
Colorado	51	56	.477	6 1/2
San Diego	49	58	.458	8 1/2
San Francisco	46	58	.442	10

Tuesday's results

Milwaukee 6 Chicago Cubs 5
Pittsburgh 2 St. Louis 1 (11 inn.)
San Francisco at Philadelphia
Colorado at Atlanta
N.Y. Mets at Miami
St. Louis at Pittsburgh
Milwaukee at Chicago Cubs
N.Y. Yankees at L.A. Dodgers
Cincinnati at San Diego

Monday's results

Pittsburgh 9 St. Louis 2
Atlanta 9 Colorado 8 (10 inn.)
N.Y. Mets 6 Miami 5
Milwaukee 5 Chicago Cubs 0
San Diego 2 Cincinnati 1
Wednesday's games — All Times Eastern
Cincinnati (Bailey 5-10) at San Diego (Stults 8-9), 3:40 p.m.
San Francisco (Gaudin 4-2) at Philadelphia (Kendrick 9-7), 7:05 p.m.
St. Louis (Wainwright 13-6) at Pittsburgh (Locke 9-3), 7:05 p.m.
Colorado (Chatwood 7-3) at Atlanta (Minor 10-5), 7:10 p.m.
N.Y. Mets (Mejia 1-0) at Miami (Alvarez 1-1), 7:10 p.m.
Milwaukee (Peralta 7-10) at Chicago Cubs (Jackson 6-11), 8:05 p.m.
N.Y. Yankees (Kuroda 10-6) at L.A. Dodgers (Kershaw 10-6), 10:10 p.m.

MLB

Cleveland trades for left-hand help

The Cleveland Indians acquired left-handed reliever Marc Rzepczynski from the St. Louis Cardinals on Tuesday.

The Indians sent minor-league infielder Juan Herrera to St. Louis in exchange for Rzepczynski.

The 27-year-old is 9-17 with a 4.20 ERA in 177 career games for Toronto and St. Louis. Lefties have batted .224 against Rzepczynski, who pitched 2 2/3 scoreless innings for the Cardinals in the 2011 World Series.

Rzepczynski has split this season between St. Louis and triple-A Memphis. In two stints with the Cardinals, he posted a 7.84 ERA in 11 games.

THE ASSOCIATED PRESS



Marc Rzepczynski GETTY IMAGES

CFL

WEEK 5

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	4	2	2	0	118	116	4
Montreal	5	2	3	0	122	139	4
Hamilton	5	1	4	0	99	158	2
Winnipeg	5	1	4	0	115	146	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Saskatchewan	5	5	0	0	183	87	10
Calgary	5	4	1	0	162	133	8
B.C.	4	3	1	0	104	84	6
Edmonton	5	1	4	0	99	139	2

Tuesday's result

B.C. at Toronto

Friday's game — All Times Eastern

Hamilton at Edmonton, 9 p.m.

Monday's game

Winnipeg at B.C., 7 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Kansas City	10	6	6	31	21	36
New York	10	7	5	33	27	35
Montreal	10	5	5	32	29	35
Philadelphia	9	6	7	33	30	34
New England	8	7	6	27	19	30
Houston	8	6	6	23	20	30
Chicago	7	9	4	25	30	25
Columbus	6	10	5	24	27	23
Toronto FC	3	10	8	19	29	17
D.C. United	2	15	4	10	35	10

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Real Salt Lake	11	7	4	36	24	37
Colorado	9	7	7	28	24	34
Portland	8	3	10	31	20	34
Los Angeles	10	9	3	32	27	33
Vancouver	9	7	5	33	29	32
FC Dallas	8	5	8	27	27	32
Seattle	8	7	4	24	22	28
San Jose	7	9	6	23	33	27
Chivas USA	4	12	5	19	37	17
Saturday's games — All Times Eastern						
New York at Kansas City, 6:30 p.m.						
Montreal at D.C. United, 7:30 p.m.						
Chicago at Philadelphia, 8 p.m.						
Columbus at Houston, 9 p.m.						
Real Salt Lake at Colorado, 9 p.m.						
Chivas USA at San Jose, 10 p.m.						
FC Dallas at Seattle, 10:30 p.m.						
Vancouver at Portland, 11 p.m.						
Sunday's game						
Toronto FC at New England, 7:30 p.m.						

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The 2014 Chevrolet Trax



ALL PHOTOS WHEELBASEMEDIA.COM

2014 Chevrolet Trax

- **Type.** Four-door, front-/all-wheel-drive compact wagon
- **Engines (hp).** 1.4-litre DOHC I4, turbocharged (138)
- **Transmissions.** Six-speed manual, six-speed automatic (opt.)
- **Base price (incl. destination)** \$20,000



1.4 turbo-charged 4-cylinder engine.

Interior & Technology

The 1LT adds air conditioning, heated outside mirrors, roof rack and aluminum wheels. Stepping up to the 2LT gets you a rear-vision camera with backup warning, six-way power driver's seat and Chevrolet MyLink touch-screen communications and infotainment system with a Bose premium audio package.

Fuel Economy

It garners 7.8 l/100 km in the city and 5.7 highway when connected to a six-speed manual transmission (standard with LS model), or 8.1/5.9 with the optional six-speed automatic that's fitted to the LT and LTZ. Other than fuel economy, the turbo 1.4 boasts an ability to run at full song using regular-grade fuel.

Design

To avoid resembling a total box on wheels, the Trax's fenders bulge outward, the roofline slopes gently at the rear and the liftgate features wrap-around glass that has been dressed up with a spoiler-like hood.

Review. True North, strong and free, with help from this little machine

MALCOLM GUNN
wheelbasemedia.com

Cross-border shoppers will tell you that the United States offers a greater selection of products than our home and native land. That might be true for some consumer goods, but it isn't necessarily so when it comes to automobiles.

For 2012, General Motors began importing the seven-passenger Chevrolet Orlando from Korea, eschewing the United States in the process. The same is true this year with the Mexico-built Trax. The supposed reason is that Americans want bigger and fancier automobiles and that Chevy's marketing types didn't want to risk cannibalizing sales of its larger Equinox. But with fuel prices currently on the ascendancy, perhaps GM is entertaining second thoughts.

In any event, Canadians in

search of a small wagon with space for five, available all-wheel-drive and with an aversion to gas pumps should find the Trax to their liking. At first glance it's a bit of a chunky monkey; the styling is a bit stubby in a Chevy-Spark-kind-of-way, except the Trax is considerably larger. It's also about 16 centimetres taller than Chevrolet's Sonic hatchback (both cars share the same platform).

The dashboard and control panel are attractive and uncomplicated, but front-passenger seating is on the cozy side (this is a small wagon, after all). There's more shoulder room in back, but only if you limit the rider count to two. Luggage for four shouldn't pose a problem if everyone packs light, but with the rear seat folded there's stowage space for bulkier objects. The Trax's one and only engine choice is a 1.4-litre turbocharged four-cylinder borrowed from Chevy's Cruze and Sonic models that makes 138 horsepower and 148-pound-feet of torque. For an on-the-road price of \$20k, the LS covers just



The Trax's interior is attractive and simplistic.

the basics, but has 10 airbags, including rear side-impact and front-knee inflatables.

The premium LTZ gets dressed up with 18-inch wheels (16-inches are standard), leather-like seat coverings (heated in front), auto-dimming rearview mirror and fog lights. Major options, depending on the model, consist of a power sunroof, navigation and an oil-pan heater that would make sense for Prairie winters.

For an extra \$1,950, all-wheel-drive can be fitted to the 1LT, 2LT and LTZ. The system automatically engages when the vehicle accelerates from a

stop to counteract torque steer (the tendency for the vehicle to pull to the left or right when accelerating), but reverts to front-wheel-drive once the Trax exceeds five km/h. It also seamlessly redistributes power to the rear tires as needed when the fronts begin to lose traction.

General Motors isn't alone in importing products that our southern neighbours can't obtain (Mercedes-Benz and Kia do the same). But given the Trax's utility, all-weather capability and overall thriftiness, it might be only a matter of time before Chevy's little can-do wagon is given a star-spangled welcome.

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2 Mitsubishi RVR
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3 Jeep Patriot
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7-INCH TFT DISPLAY	AVAIL	N/A	N/A	N/A	N/A
PROJECTOR HEADLAMPS	STD	N/A	N/A	N/A	N/A

*Your local retailer may charge additional fees for administration/pre-delivery that can range from \$0 to \$1,098 and anti-theft/safety products that can range from \$0 to \$1,298. Charges may vary by retailer.

Dodge.ca/dart



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10 VEHICLES WITH 40 MPG HWY OR BETTER.



Less Fuel. More Power. Great Value is a comparison between the 2013 and the 2012 Chrysler Canada product lineups. 40 MPG or greater claim (7.0 L/100 km) based on 2013 EnerGuide highway fuel consumption estimates. Government of Canada test methods used. Your actual fuel consumption will vary based on powertrain, driving habits and other factors. See retailer for additional EnerGuide details. ⁵2013 Dodge Dart AERO (Late availability) – Hwy: 4.8 L/100 km (59 MPG) and City: 7.3 L/100 km (39 MPG). 2013 Civic Touring 1.8 L 16-valve, SOHC, I-VTEC® 4-cylinder Automatic – Hwy: 5.0 L/100 km (56 MPG) and City: 6.2 L/100 km (45 MPG). 2013 Elantra L 1.8 L Dual CVT DOHC 16V Engine Automatic – Hwy: 5.2 L/100 km (54 MPG) and City: 7.2 L/100 km (39 MPG). 2013 Corolla 1.8 L 4-Cylinder DOHC 16V VVT-i DIS ECTS-I Engine Manual – Hwy: 5.6 L/100 km (50 MPG) and City: 7.4 L/100 km (38 MPG). 2013 Focus S 2.0L TI-VCT GDI I-4 Manual – Hwy: 5.5 L/100 km (51 MPG) and City: 7.8 L/100 km (38 MPG). Wise customers read the fine print: ♦ ♦ ♦, †, § The Trade In Trade Up Summer Clearout Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after July 11, 2013. Offers subject to change and may be extended without notice. All pricing includes freight (\$1,595 – \$1,695), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. ♦4.99% lease financing of up to 60 months available on approved credit through WS Leasing Ltd. (a wholly owned subsidiary of Westminster Savings Credit Union) to qualified customers on applicable new 2012, 2013 and 2014 models at participating retailers in Ontario, New Brunswick, Newfoundland and Labrador, Nova Scotia and Prince Edward Island. Retailer order/trade may be necessary. Retailer may lease for less. See your retailer for complete details. Example: 2013 Dodge Dart SE (25A) with a Purchase Price of \$16,575 leased at 4.99% over 60 months with \$2,470 down payment, equals 130 bi-weekly payments of \$99 with a cost of borrowing of \$2,893.70 and a total obligation of \$14,614.60. 22,000 kilometre/year allowance. Charge of \$0.18 per excess kilometre. Some conditions apply. ♦\$16,995 Purchase Price applies to the new 2013 Dodge Dart SE (25A) only. †0% purchase financing for up to 36 months available on new 2013 Jeep Compass, Patriot, Dodge Dart, FIAT 500 and 2014 FIAT 500L models to qualified customers on approved credit through Royal Bank of Canada, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Retailer may sell for less. See your retailer for complete details. Example: 2013 Dodge Dart SE (25A) with a Purchase Price of \$16,995, with a \$0 down payment, financed at 0% for 36 months equals 78 bi-weekly payments of \$217.88 with a cost of borrowing of \$0 and a total obligation of \$16,995. §2013 Dodge Dart GT shown. Late Availability. **Based on 2013 Ward's upper small sedan costing under \$25,000. ♦Competitors' information obtained from Autodata, EnerGuide Canada and manufacturer's website as of May 14, 2013. §Jeep is a registered trademark of Chrysler Group LLC. †The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.



Horoscopes

Aries

March 21 - April 20

Immerse yourself in activities that keep both your hands and your mind occupied. If nothing else, it will distract you from issues you have been worrying about too much.

Taurus

April 21 - May 21

Important matters beckon today and you will need to be in the right frame of mind if you are to deal with them properly. With that in mind, try to avoid people who never seem to take life seriously.

Gemini

May 22 - June 21

Hopefully you have resolved your differences with certain people and everything is calm. If not, make the effort to patch things up now because you don't want to be bothered with petty things later this week.

Cancer

June 22 - July 23

If you have a good idea, act on it straight away. The longer you sit there wondering if it's really as good as you think it is, the more likely it is someone else will beat you to it.

Leo

July 24 - Aug. 23

A decision made in haste causes trouble, so stop and think about what you are about to commit yourself to. You may be eager to start something new but there's no rush.

Virgo

Aug. 24 - Sept. 23

The celestial cycle you are on at the moment is concerned mainly with your thought processes. Take time to look back over the past few months and evaluate honestly what you have accomplished.

Libra

Sept. 24 - Oct. 23

Don't try too hard to please people today, because chances are they will withhold their affection just to annoy you. You're a Libra, a cardinal sign, shouldn't they be pleasing you?

Scorpio

Oct. 24 - Nov. 22

Don't waste time arguing over minor details or trying to defend an opinion you could not care less about. It does not matter what's going on in the world. It matters only that yours is serene.

Sagittarius

Nov. 23 - Dec. 21

It is important that people in authority don't get the idea that you cannot be trusted. Whatever the temptation to embroider the truth may be today, you must be honest.

Capricorn

Dec. 22 - Jan. 20

Capricorn is supposed to be an ambitious sign but it seems the fire in your belly has been a bit weak. Don't worry, in a matter of days, you'll be scheming and fighting your way to the top.

Aquarius

Jan. 21 - Feb. 19

News you receive from a faraway source may be unwelcome but don't let it bother you. Better times are just around the corner and it won't be long before your present worries fade.

Pisces

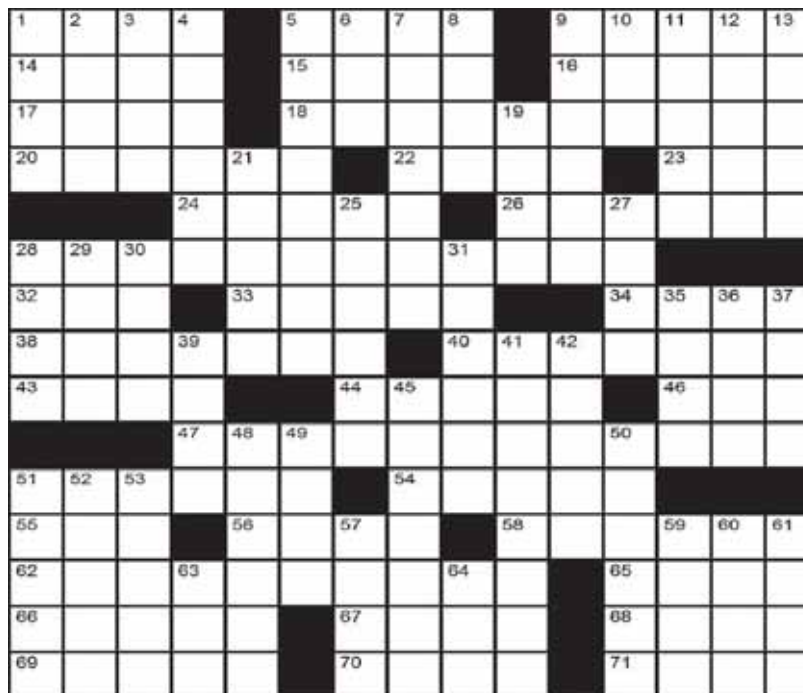
Feb. 20 - March 20

If someone needs your help today, drop what you are doing and give them the assistance they require. Go out of your way to support them. It will be worth the effort in the long term. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Rich earth
- Frances ___ (Judy Garland, originally)
- Savage
- Violinist, Camilla ___ (b.1842 - d.1902)
- Beneficial-to-skin plant
- Once ___ time...
- In ___ of (Replacing)
- Song versions
- Clear, as a drain with Drano
- Vegan's protein
- Converged
- Stage stuff
- Van Gogh flowers
- Alberta-Saskatchewan border city
- Archer's wood
- Kidney-related
- Dame ___ Te Kanawa (New Zealand opera star)
- Hybrid citrus fruit
- Viking ship crew
- 'Happy Motoring!' slogan
- Higher up
- Ms. Thurman
- Village in Manitoba
- Dish-cleaning aid
- Song line
- Atop, in verse



- Pinpoint
- Shrewd
- Sport for lumberjacks
- Biblical brother
- Dancing ___ (De-lighted): 2 wds.
- Silk: French
- Reality TV star Ms. Leakes
- Irish playwright, J.M. ___ (b.1871 -

- d.1909)
- They came marching two-by-two...
- Single-named Art Deco designer

Down

- "To Sir, with Love" (1967) actress/singer
- "...thunder, lightning, ___ rain?" (First Witch's query

- from Macbeth)
- "Hold on ___!" (Wait!)
- Like green-patched cheese
- Evil wizard in "The Smurfs 2" (2013)
- Diminutive suffix
- State bordering BC, AB and SK
- Beatles' "Love ___"

- Canadian electronics chain store, ___ Shop
- Prefix with 'dermis'
- Boards
- Year: French
- Wears well
- "___ ain't broke...": 2 wds.
- Command: French
- Ancient inhabitant

- of Crete
- Is a pain
- 'Electro' suffix
- Actress Ms. Thompson's
- Possesses
- '60s hit for The McCoy's: "Hang on ___"
- American deejay Don
- Two notes to follow Do
- "___ little time..." (The quickest way)
- Wedding ___
- Norms
- Mr. Philbin
- 1,000,000,000
- Brush aside
- "Hud" (1963) actress Patricia
- High ___ fuel
- Alone activities
- Type of flower
- Phantom of the Opera's instrument
- Ingrid's "Casa-blanca" (1942) role
- 'Very', slang-style
- Camper's shelter
- Bit of The Band: "Virgil, quick, come see, there goes the Robert ___!"
- Manipulate
- Baby bug

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



26°/16°
Partly cloudy

Thursday



21°/14°
Thunderstorms
90%

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Check the 14 day trend.

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